

Wild Rice (Grains and Seeds)

Interesting facts: Wild rice isn't rice, it is a grass. It's actually an aquatic grass with grains that look, feel like, and taste like rice. Wild rice producers in the 20th century began to hybridize different wild rice varieties, leading to the commercially dominant style of wild rice on the market today: black-grained.

How to prepare and cook: Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

Use 1 cup of grain and 1 3/4 cups of water or broth. Cook for 45 minutes. Yields 3 1/2 cups.

For cultivated wild rice: Use 1 cup of grain and 2 1/2 cups of water or broth. Cook for 1 hour. Yields 3 1/2 cups

Recipe idea:

Salmon Cakes: In a food processor: process: 1/2 cup celery, 1/2 cup cooked wild rice, 1/2 cup almond meal, 1/4 cup cilantro, 1/4 cup chopped onion, 1 egg, 1 tablespoon lemon juice, 1 tablespoon Tabasco sauce, 1/4 teaspoon sea salt and 1/4 teaspoon black pepper. Combine: 1 pound cooked or canned salmon with the mixture and form into patties on waxed paper and chill 20 minutes. Heat: using a large skillet 1-2 tablespoons coconut oil or olive oil over medium heat. Place the patties in the skillet and cook for 2-3 minutes per side. Transfer to a pre-heated 350 °F oven and cook another 4-5 minutes. Serve immediately.